

AFI SHIFTER

Summary behavior:

Reward

4. Ego Benefits

- E.g., safe, comfortable, superior, right,...

Cue

Automatic Routine

3a. Knee-Jerk CPB

- Counter-Productive
- Specific
- Observatble
- That I do or avoid doing
- But also the Counter-Productive aspect can be in the how

3b. Opposite Behaviors

- If I will my way through it, how am I likely to do the opposite and be Counter-Productive? What opposite knee-jerk specific behaviors?
- What I do, avoid doing or how I do it

Unconscious Motivator

2. Root Cause/Ego Drivers

- What familiar fears, anxieties, ego threats drive the behavior? What is your ego unconsciously trying to prove or protect against in those moments?
- Refer to Desired and Dreaded Images (Session 1 Raising Issues Constructively)

Significant Event

- And any Connection to a Significant Event.

5.

Costs

Disrupt!

